

# AUSTRALIAN SWIMMING INC. MULTI-YEAR AGE-GROUP SWIMMER DEVELOPMENT MODEL

Age	8 ± 1 year		10 ± 2 years		Girls 12 / Boys 13 ± 1 year		14 ± 2 years	
Training Period	2 years		2 years		2 - 3 years		3 - 5 years	
Training Time Per Week	Pool	Land	Pool	Land	Pool	Land	Pool	Land
	2-4 Sessions 40 min - 1 hr	1-2 Sessions 15-25 min	3-5 Sessions 1 - 1 1/4 hr	2 Sessions 20-30 min	4-6 Sessions 1 1/4 - 1 1/2 hr	2-3 Sessions 30-45 min	6-10 Sessions 1 1/2 - 2 hr	2-3 Sessions 45 min - 1 hr
Volume / Session	0.75 - 2 Km.		2 - 3.5 Km.		3.5 - 6 Km.*		4 - 8 Km.*	
Yearly Training Volume (Pool)	24 - 30 Weeks 75 - 250 Km.		30 - 36 Weeks 250 - 500 Km.		36 - 44 Weeks 500 - 1000 Kms.		40 - 46 Weeks 1000 - 2500 Kms.	
Training Objectives	<ul style="list-style-type: none"> <li>* Technique all strokes</li> <li>* Racing Skills starts, turns, pace</li> <li>* Aerobic Endurance</li> <li>* Sculling Drills</li> <li>* Speed at 25-50m</li> <li>* Simple Training Sets and Games</li> </ul>	<ul style="list-style-type: none"> <li>* Flexibility</li> <li>* General Body Strength</li> <li>* Movement Co-ordination</li> <li>* Group Activities</li> </ul>	<ul style="list-style-type: none"> <li>* Technique</li> <li>* Racing Skills</li> <li>* Aerobic Endurance</li> <li>* Speed (&lt; 50m) &amp; Acceleration</li> <li>* Greater mix of Training Methods</li> </ul>	<ul style="list-style-type: none"> <li>* Increase Strength to Body Weight Ratio</li> <li>* Even Development of all muscle groups</li> <li>* Flexibility</li> <li>* Improve 'core' body strength</li> </ul>	<ul style="list-style-type: none"> <li>* Technique</li> <li>* Increased Volume</li> <li>* Racing Skills</li> <li>* Speed (&lt; 50m) &amp; Acceleration</li> <li>* Introduce some Intense Interval Training</li> </ul>	<ul style="list-style-type: none"> <li>* Musculo-Skeletal Assessment</li> <li>* Body Weight Exercises &amp; Simple Gym Equipment</li> <li>* Flexibility &amp; Body Strength</li> </ul>	<ul style="list-style-type: none"> <li>* Increase Volume and Intensity of Training</li> <li>* Integrated Training Model</li> <li>* Begin to Specialise</li> <li>* Perfect Technique &amp; Skills</li> </ul>	<ul style="list-style-type: none"> <li>* Periodise Strength Program</li> <li>* Transfer Power into Swimming Performance</li> <li>* Cross Training Activities</li> <li>* Maintain Flexibility</li> </ul>
Motor Learning Objectives	<ol style="list-style-type: none"> <li>1. Develop a feel for the water, the ability to make corrections in movement patterns.</li> <li>2. Learn the technical skills of all four strokes.</li> <li>3. Develop general body co-ordination and strength.</li> <li>4. Learn good habits for maintaining and improving natural flexibility.</li> <li>5. Learn to maintain correct technique on longer (submaximal) swims.</li> <li>6. Learn to maintain correct technique on short sprints.</li> </ol>		<ol style="list-style-type: none"> <li>1. Improve stroke technique and learn race skills (such as turns, starts, pacing, and acceleration).</li> <li>2. Consolidate stroke development.</li> <li>3. Improve conditioning components of endurance and speed while maintaining stroke technique.</li> <li>4. Develop simple race strategy and tactics.</li> </ol>		<ol style="list-style-type: none"> <li>1. Maintain efficient technique as body proportions change.</li> <li>2. Accommodate increases in muscle strength to improve swimming efficiency.</li> <li>3. Retain diversity of performance goals (compete in various stroke events and distances).</li> <li>4. Improve both steady pace and sprint performance using ideal stroke technique (all strokes).</li> </ol>		<ol style="list-style-type: none"> <li>1. Adapt to diverse training methods.</li> <li>2. Refine stroke technique during all speeds &amp; intensity of swimming.</li> <li>3. Apply strength and power to swimming performance.</li> <li>4. Specialise in strokes and competition distances.</li> <li>5. Retain range of motion and muscular co-ordination at all swimming speeds.</li> <li>6. Refine race skills (starts &amp; turns, tactics, pace, etc.).</li> <li>7. Learn to taper for peak performance.</li> </ol>	

[\* During some developmental stages girls will be capable of handling a greater volume of training than boys, due to an advanced rate of maturation.]

	[age 8 ± 1 year]	[age 10 ± 2 years]	[age 12 / 13 ± 1 year]	[age 14 ± 2 years]
<b>Knowledge &amp; Attitudes</b>	<ol style="list-style-type: none"> <li>1. Enjoyment of pool and land based activities.</li> <li>2. Learn to function as an individual within a group activity.</li> <li>3. Become familiar with rules and competitive situations.</li> <li>4. Learn about stroke technique and training methods.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoyment of pool and land based activities.</li> <li>2. Become part of the club, team, squad culture.</li> <li>3. Develop habits which support an active, healthy lifestyle.</li> <li>4. Begin to function with less direct supervision and make positive decisions regarding training compliance.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoyment of swimming activities and desire for personal improvement.</li> <li>2. Broader knowledge of training methods and the resulting performance outcomes.</li> <li>3. Improved personal management skills (balancing training, school and social objectives).</li> <li>4. Develop self-discipline and increasing commitment to swimming.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoyment of the process (i.e. goal setting) and product (i.e. attainment of results) of sports participation.</li> <li>2. Understanding and practicing performance management skills (such as good nutrition, recovery techniques, mental skills, etc.).</li> <li>3. Independence (i.e. working with a coach and support personnel, but taking responsibility for self).</li> <li>4. Improved personal skills (including education &amp; vocational objectives).</li> </ol>
<b>Competition Objectives</b>	<p>Have fun and learn to participate without anxiety or distraction. Personal improvement (in both performance and skill) and enjoyment should be recognised and reinforced.</p>	<p>Club level competitions leading up to State competitions (i.e. school or age-group). Skill development, improvement, and number of events swum are the most important goals.</p>	<p>Club and State level competition (age group). Performance goals should be evaluated regularly, as they apply to both training and competition. Each race opportunity is used as a learning experience.</p>	<p>State and National (age-group) performance goals. Competition in 'open' events as ability improves. Selection of events begins to focus on stroke and distance. Race strategies and mental skills are perfected.</p>